

City of Arts & Innovation

RIVERSIDE FIRE
DEPARTMENT



OFFICE OF
EMERGENCY
MANAGEMENT

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CITY OF RIVERSIDE COMMUNITY PREPAREDNESS NEWSLETTER

1st Quarter 2015

Volume VII, Issue I

"KITCHEN FIRES - THE LEADING CAUSE OF HOME FIRES"

According to the National Fire Protection Association and the U.S. Fire Administration, Cooking Fires are the leading cause of home structure fires and scald and burn injuries.

- ♦ DROP to the ground and cover your face with your hands.
- ♦ ROLL over and over on back and forth to put out the fire.

If a SMALL Grease fire starts in the pan you are cooking in.

- ♦ Wearing an oven mitt smother the

WATCH WHAT YOU HEAT

- ♦ When you fry, grill or broil, stay in the Kitchen. TURN OFF the stove if you leave the Kitchen, even for a short time. Check on the cooking regularly, if you need to, use a timer, that will help you remember that you are cooking.



BE ALERT WHEN COOKING

- ♦ Don't cook if you are drowsy. Keep Children and Pets at least 3 feet away from the stove when you are cooking. Don't leave potholders, oven mitts or bags near the stovetop. Don't store items in the oven that can catch fire.

fire by carefully sliding the lid over the pan. Turn off the burner, DO NOT move the pan. KEEP LID on until the pan is completely cool.

If a fire starts in the Oven or Microwave Oven.

- ♦ Turn OFF the oven and keep the door closed. Unplug the microwave oven if you can SAFELY reach the outlet. Have the equipment checked before you use it again.

When in doubt, just get out and close the door behind you to help contain the fire and Call 911.

KNOW WHAT TO DO

- ♦ When cooking wear tight-fitting, rolled-up or short sleeves. IF YOUR CLOTHES CATCH ON FIRE - STOP, DROP & ROLL!
- ♦ STOP immediately

PREVENT SCALDS & BURNS

- ◆ Turn pot handles away from the edge of the stove. Use the back burners to keep hot things away from kids. Keep hot foods or liquids away from the edge of counters or tables.



- ◆ Never hold a child while cooking, drinking or carrying hot foods or liquids

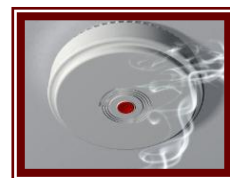
- ◆ Treat a burn right away, putting it in cool water. Cool the burn for three to five minutes.
- ◆ Cover with a clean, dry cloth. If the burn is bigger than your fist, or if you have any questions, get medical help right away.

USE COOKING APPLIANCES SAFELY

- ◆ Always use cooking equipment that has been tested and approved and follow the manufacturers instructions. Never use an extension cord for a cooking appliance it can overload a circuit and cause a fire.

HAVE WORKING SMOKE ALARMS

- ◆ Statistics show that **WORKING SMOKE ALARMS** cut the chance of dying in a fire nearly in half. Many homes have smoke alarms that aren't working or are not maintained properly, because of missing, disconnected, or dead batteries. Roughly two-thirds of all home fire deaths result from fires in homes with no smoke alarms or no working smoke alarms.
- ◆ Test smoke alarms at least once a month using the test button, and make sure everyone in your home knows their sound.
- ◆ If an alarm "chirps," warning the battery is low, replace the battery right away.
- ◆ Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they're 10 years old (or sooner) if they do not respond properly when tested right away.
- ◆ Never remove or disable a smoke alarm.

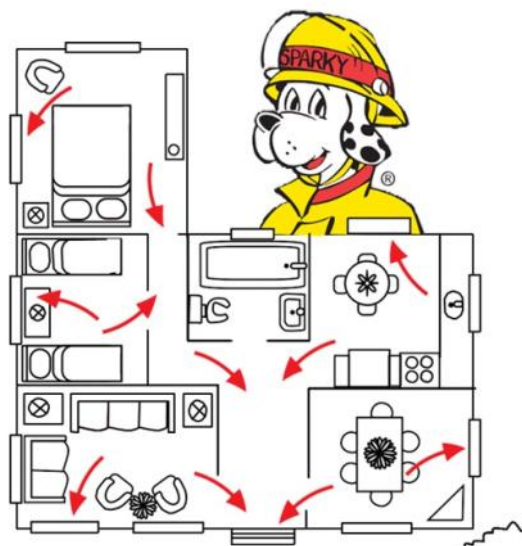


****Sources: www.nfpa.org/safety-information & USFA**



HOME FIRE ESCAPE PLAN

- ◆ Draw a map of your home. Show all doors and windows.
- ◆ Visit each room. Find two ways out.
- ◆ All windows and doors should open easily. You should be able to use them to get outside.
- ◆ Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- ◆ Pick a meeting place outside. It should be in front of your home.
- ◆ Everyone will meet at the meeting place.
- ◆ Make sure your house or building number can be seen from the street.
- ◆ Talk about your plan with everyone in your home.
- ◆ **Practice your home fire escape plan!!**



CONGRATULATIONS CERT CLASS # 56— NOVEMBER 2014



ALPHABETICAL ORDER: Christopher Acosta, Kassie Baird, Armando Barquin, Joshua Bellinghausen, Kirby Blackwelder, Alexander Brestin, Aubrey Coleman, Autumn Dettmer, Rubina Ellis, Ileana Guerra, Haylee Hammond, Coleen Jacklin, Bianca James, Alberto Macias, Tammy McBirnie, Alan Meyer, Darin Miller, Gina Pulido, Gail Rork, Victoria Scott, Martin Swanson, Mary Swanson, Mary Toney, David Vazquez, Rafael Vazquez, Sergio Villalobos, Dylan Wagner, Tracey Williams, Bret Williams

Thanks CERT "VICTIMS": Austin Coletta, Linda Cummings, Kelly Taylor, Karolyn Verville
CERT Instructors: Fire Captain John Peurifoy, Emergency Services Administrator Tony Coletta, Firefighter Wayne Hess, Fire Captain Lisa Holloway, K-9 Handler Peter Sellas, CERT Program Manager Gina Perez



Splinting & Bandaging during
Disaster Medical Skills Training

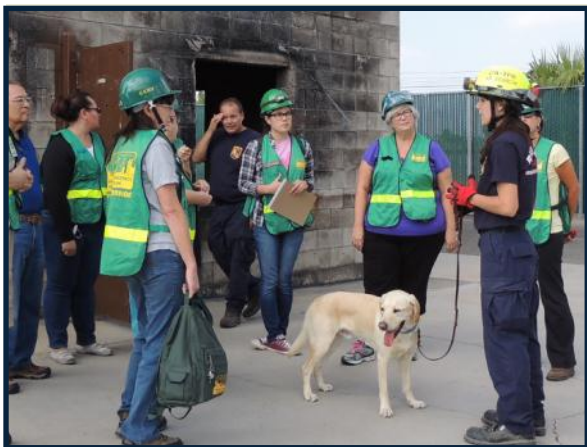


CERT Participants Alan Meyer & Darin Miller
conduct Triage during Final Drill



CERT Participants; Autumn Dettmer & Armando Barquin use the PASS System
to extinguish the fire in the Final Drill Exercise

CERT ADV. TRAINING - DISASTER SEARCH DOGS



On Sat. Oct. 18, 2014, CERT Instructor FEMA K-9 Search Specialist Peter Sellas along with K-9 Handlers John Thomas and Lauren Cardin, all 3 who are Members of the FEMA California Urban Search & Rescue Task Force 6 provided an Orientation and Demonstration on "Live Find and Cadaver" Search Dogs. CERT Members then participated in an outdoor Search & Rescue exercise, once the "victims" were located by the Search Dog.



CERT Members used skills to mark the buildings, triage the victims and move them to the treatment area.

Thanks to all who attended.



CERT ADV. TRAINING - SKILLS REFRESHER

On Wed. Nov 12, 2014, Fire Captain John Peurifoy, Emergency Services Administrator Tony Coletta, CERT Instructors, Firefighter Wayne Hess & Gina Perez, provided a Skills Refresher Class, CERT Members practiced extinguishing fires, search & rescue operations and disaster medical skills. The simulated disaster involved a Bus crash and people trapped in a 2 story building. We had special guests, Administrators from the University of Tokyo Japan who participated in the disaster drill. They attended to gather



information on what is taught in the City of Riverside CERT Curriculum. CERT Members who hadn't practiced their skills in a while said it helped remind them about what



to do in a disaster and how's it' important to practice. Remember past Riverside CERT Members are invited to refresh their skills at the final drill exercise of any CERT Basic Course just register

to be placed on the roster. Thanks to all who came out to participate in the training.



CERT CPR & AED CERTIFICATION

American Heart
Association



On Dec 13, RIVERSIDE CITY FIRE CERT MEMBERS RECEIVED Adult, Child and Infant -CPR & AED CERTIFICATION by newly Certified CPR/AED Instructor Gina Perez, CERT Program Manager and Fire Capt. John Peurifoy. CPR & Automated External Defibrillator (AED) training is offered to Riverside CERT Volunteers



who are active in our CERT program who volunteer for CERT activities & special assignments throughout the year. CONGRATULATIONS Omar Acosta, Paul Braiman, Bette Hicks, Ray Hicks, Jim Hwang, Dorothy McLaughlin, Peter Rosen and Terry Welker.

EOC DISASTER DAMAGE ASSESSMENT EXERCISE



On Oct 16, CERT Volunteers, Wendy Carpio, Charles Henninger and Mary Teagarden participated in a Disaster Damage Assessment Exercise at the Riverside Fire Emergency Operations Center. CERT Members were asked to drive to various locations within the city and provide simulated damage assessments and photos to the EOC via a mobile cell phone application. The Exercise was to test how the application would function in a real disaster. Thanks CERT!

WELCOME NEW FIRE CHAPLAIN ALAN MEYER

Alan grew up in Oxnard California in a career Navy family. He served in the Marine Corps from 1966 to 1969 where he trained on artillery computers and after his discharge started his career in the information industry. During that period, his responsibilities covered a wide range of tasks from hardware maintenance, programming, consulting, teaching, and finally marketing.



After 42 years in the industry, Alan retired from IBM in 2013. He has hosted bible studies in his home since 2007 and began his Chaplaincy study upon retirement. He has completed over 100 hours in International Critical Incident Stress Foundation (ICISF) and Chaplaincy training as well as CERT training - Class

#56. Alan is a member of Harvest Christian Fellowship and is on the leadership team at Harvest Woodcrest. He has lived in the Inland Empire for over 39 years and in the same home in Riverside since 1988. Alan is also a volunteer Chaplain at Parkview Hospital. He has been married to his wife, Glenda, for 44 years and has raised 3 children with 5 grandchildren (ages 3 to 21). His hobbies include classic car restoration and American history. Welcome to the Riverside Fire Department Chaplain Alan.



Alan conducts triage and a rescue during the final drill exercise of CERT Class#56

WHAT DO YOU HAVE?

Symptoms to consider when making your own preliminary diagnosis:

INFLUENZA

Antiviral medications can help people feel better if taken within 48 hours of onset of symptoms.

- Headache
- High fever
- Dry cough
- Chest pains
- Chills
- Severe fatigue
- Severe aches

COLD

Colds are caused by a different virus. Symptoms are less severe – and they come on more gradually than flu.

- Sneezing
- Stuffy nose
- Hacking cough
- Mild sore throat
- Mild fatigue

STREP THROAT

A sore throat, but no stuffy nose, may mean it's a streptococcal bacterial infection – antibiotics can help.

- High fever
- Pus on tonsils
- Very sore throat

STOMACH FLU

Virus enters via mouth and multiplies in small intestine. Symptoms can appear in a few hours, but usually take a day. Food poisoning typically is a bacterial infection, such as E. coli.

- Headache
- Vomiting
- Fatigue
- Diarrhea

FOLLOWING AN INFECTION

FLU TRAVELS

Flu viruses constantly mutate, making it tough for our immune defenses to recognize the virus and combat it. Since the current strain of the H1N1 virus (known as swine flu) is relatively new, it may be more contagious than seasonal flu, although it seems no more virulent and the majority of cases should be resolved without significant medical intervention. Here is a look at how flu infections spread:

1 John goes to work feeling fine. While he is out to lunch, Jill sneezes into her hands and then uses John's phone and keyboard. Working during the afternoon, John picks up virus on his hands. While leaving, he rubs his eyes and transfers virus into his system.

Studies of office equipment found that 66% of viruses survived for an hour; 33% survived for 18 hours.

2 Karen takes her son Billy to the playground. He plays with his friends – some sneeze and cough over the equipment. Fortunately, Karen uses alcohol wipes on Billy before he can rub his nose or eyes. They return home free of virus.

Flu can survive on a bill for up to 10 days if someone with a virus sneezed on it. So wash your hands after paying for that fast food lunch.

3 John enjoys an evening with family. Unfortunately, he does not realize that he is spreading virus around the house. It can take a day or so after you become infected before you show signs of illness.

John kisses Karen goodbye and gives her the virus.

John and Billy share bowl of popcorn; now Billy has virus.

Billy carries virus to school.

John carries virus to office.

Driving to work, John starts feeling symptoms – mild headache, low fever – and returns home.

Prescription antiviral medications, if taken within a day or two of symptoms, can reduce severity of flu.

After three days, Billy's symptoms don't lessen and Karen wonders if she should seek medical help.

4 Flu symptoms usually come on quickly. In less than 24 hours, John and Billy have high fevers, severe aches and fatigue. The next three days are spent in bed, miserable. Karen gives them acetaminophen, non-prescription flu medications and plenty of fluids.

5 The disease is at its most contagious levels and Karen tries to protect herself from touching or breathing in the virus. On the morning of the fourth day John's fever is gone and he figures he can go back to work. Unfortunately, he is still shedding thousands of flu viruses when he exhales.

6 John and Billy need to be symptom-free for 24 hours before returning to work or school. Some older, younger or weaker people can still be contagious for a couple of weeks because their immune system has a harder time eliminating the virus from their bodies.

WAYS TO AVOID FLU

Health officials recommend most people get a flu shot – including for the H1N1 virus.

VACCINATION

- Vaccination provides up to 90% protection.
- Swine flu shots should be ready by October.
- It takes about two weeks before protection begins.
- H1N1 vaccination will be in two doses, a couple of weeks apart.
- Seasonal flu vaccination is one shot, but for children under 9 they may need two seasonal flu shots, bringing the total to four.

WASH HANDS

Wash hands five times a day for at least 20 seconds. This is what it takes to prevent the spread of germs and viruses. Less than half the people wash this long and this often.

WEAR MASK

Masks can be worn by the person sick so any droplets they expel do not easily land on objects or people. Most masks are not as effective if worn by people who are well trying to avoid breathing in a virus.



American Red Cross Riverside County Chapter Riverside Fire Department **HOME FIRE PREPAREDNESS CAMPAIGN**



- ♦ Six times per day, someone dies in a home fire in the United States. Injuries due to home fires occur every 90 seconds.
 - ♦ A fire department is called to a home fire almost 1,000 times every day.
 - ♦ Sadly, the numbers have remained about the same over the course of the last 20 years.
- To make a change in these devastating numbers, the **American Red Cross launched a Home Fire Preparedness Campaign**. This 5 year campaign is intended to reduce the number of deaths and injuries due to fire in the U.S. by 25 percent.



The City of Riverside Fire Department joined the American Red Cross Riverside County Chapter for the Home Fire Preparedness Campaign in the City of Riverside. Volunteers from Red Cross, **Riverside City Fire CERT, Riverside Fire Explorers, FEMA Corps, Boy Scouts of America, Edison, Circle K, Sam's Club** partnered and canvassed **534 homes on Nov 15**, in a pre-designated area to provide information on fire safety plans and check who needed **Smoke Alarms**. Volunteers then returned on **Nov 22, and installed 127 Smoke Alarms, replaced 75 batteries and helped 74 families create a family fire escape plan.**



Great Team Work For a
Very Important Life Saving
Project!





HOME FIRE PREPAREDNESS CAMPAIGN THANKS RED CROSS - RIVERSIDE CERT & FIRE EXPLORER POST #101 VOLUNTEERS



Riverside CERT Volunteers:

Alex Brestin - Andrea Price - Bianca James - Carol Crouch - Debbie Gonzalez
Diane Contreras - Dylan Wagner - Haylee Hammond - Henry Bravo - Kassie Baird
Kay Diehl - Ken Alexander - Kirby Blackwelder - Laura Martinez - Marvin Portillo
Mary Toney - Mary Van Doren - Omar Acosta - Paul Braiman - Ray Gayton-Jacob
Rubina Ellis - Stephen Snider - Terry Welker - Vincent Rosse & Riverside Fire Explorer Post #101





FRIDAY, NOV 28, 2014 THANKS FOR ALL YOU DO CERT!

CERT Members volunteered **over 170 hours** to the Riverside Festival of Lights "Switch on Ceremony" Tasks included Traffic/Crowd Safety and Safeguarding Barricaded areas. With thousands of people in attendance CERT Volunteers maintained a professional positive attitude! We received lots of positive comments from the community about how courteous and helpful our CERT Members were. Another great job by Riverside CERT!



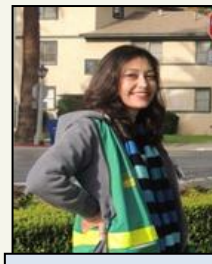
Angelina



Kaye



Carla



Anna



Lisa



Joe & Margo



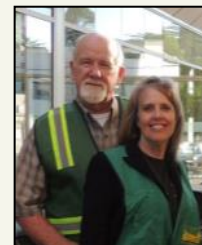
Teresa



Andrea



Karen



Greg & Carol



Rudy



Wendy & Jonathan



David & Vince



Mary & Ray



Katrina & Rick



Dylan & Catherine

CERT VOLUNTEERS NOT PICTURED: Kenneth Alexander, Tiffany Alvarez, Kassie Baird, Josh Bellinghausen, Kirby Blackwelder, Alex Brestin, Rubina Ellis, Haylee Hammond, Rory Ingram, Bianca James, Mary Toney, Lorena Jana, Irene Rael, Gail Rork, Joyce Rybold, Catherine Sainz, David Sparks, Jeremy Subriar, Rudy Cervantes,



2014 CERT Year End Celebration!



On **Wed. Dec 10** Riverside Fire Office of Emergency Management held our **2014 CERT Year End Pot Luck Celebration!** Fire Chief Michael Moore presented Certificates of Recognition to CERT Volunteers who donated many hours of community service to the Riverside Fire CERT Program. CERT Program Manager Gina Perez presented photos of our 2014 CERT Program activities and what's coming up in the areas of Training for **CERT in 2015**. CERT Members who attended received a CERT Water Bottle and a Personalized Lunch Cooler Bag with our Riverside Fire and CERT Logos; a nice addition to the CERT Kit! **Thank you to Volunteers who helped with setup and cleanup and a SPECIAL THANKS to the Riverside City Firefighters' Association & Orangecrest Club Manager CERT Member Phyllis DeLapp for donating the use of their Clubhouse again this year for our Celebration.**



Chief Moore presented Margo Miley a Certificate of Recognition for her dedication to the CERT Program.



Chief Moore presented Joe Hamlin a Certificate of Recognition for his Outstanding work & dedication to the CERT Program.



Chief Moore presented Certificates of Appreciation to Anna Hauldren & Debbie Gonzalez, (not pictured Santiago Arteaga, Austin Coletta & Kelly Taylor) for their "above & beyond" help with CERT.



Deputy Chief Mike Esparza, BC Dave Bakas, Capt. John Peurifoy BC Mike Staley Chief Michael Moore, CERT Prog Mnger. Gina Perez, Mark Annas, Capt. Mike Williams



RIVERSIDE CITY FIRE & FEMA CORPS



TOM, RUDY, NICK, MARILLOU, KAY, HARVEY, IRENE, JOYCE



CLAUDIA, DAVID, CAROL, LARRY, LINDA, DAVID, MARGO, JOE



MARY, MARLENE, SJANA, GREG, MONICA

CITY OF RIVERSIDE COMMUNITY PREPAREDNESS NEWSLETTER

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Management

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riversideca.gov



[www.facebook.com/](http://www.facebook.com/CityOfRiversideCert)

CityOfRiversideCert

Local website:

www.readyriverside.com

National website:

www.citizencorps.gov

Anthony Coletta,
Emergency Services
Administrator

Editor:

Gina Perez,

Community Preparedness

CERT Program Manager

gperez@riversideca.gov

(951) 320-8112



SAVE THE DATE: CERT ACTIVITIES AND CLASSES

Community Emergency Response Team 20-Hour Basic Course Training

FEB. 2015 Riverside City Employees

Dates: FEB 5, 10, 12, 17, 19, 24, 26

9:00 am - 12:00 pm

**Must attend all dates for
FEMA Certificate & CERT BACKPACK**

CPR) & (AED) Training
(CLASS IS FULL)

• Fees \$10. AHA CARD

DATE Feb 21 Sat 9:00 am to 1:00 pm
Riverside Fire EOC Training Center

MARCH 2015

Community Emergency Response Team (CERT) 20 Hour Basic Course

Riverside Fire EOC Training Center

Dates: ♦ March 6, Fri. 6:00 pm to 9:00 pm

♦ March 7, Sat. 8:00 am to 5:00 pm

♦ March 8, Sun. 8:00 am to 5:00 pm

**Must attend all dates for
FEMA Certificate & CERT BACKPACK**

Online Registration at:

[http://riversideca.gov/fire/specialprograms/
cert/forms/CertRegisterTrainingBasic.aspx](http://riversideca.gov/fire/specialprograms/cert/forms/CertRegisterTrainingBasic.aspx)

Course fee \$15.00.

CERT ADVANCED TRAINING

RIVERSIDE CERT Members Only

CERT Adv. Training - **Sandbagging Techniques**

Feb. 18, Wed. 6:00 pm to 8:00 pm

Riverside Fire EOC Training Center

CERT Adv. Training- **Wilderness Search**

March 28, Saturday

9:00 am to 12:00 noon

Riverside Fire EOC Training Center

Register online for CERT Adv. Trainings

[www.riversideca.gov/readyriverside/
cert/](http://www.riversideca.gov/readyriverside/cert/)

CERT Volunteers Needed

RIVERSIDE AIRPORT AIRSHOW

SATURDAY MARCH 28, 2015

6951 Flight Rd. Riverside, CA 92504

Help with Staffing a CERT/ Emergency
Preparedness booth - **SHIFTS AVAILABLE**

Shift #1 - 7:00 am to 10:00 am

Shift #2 - 10:00 am to 1:00 pm

Shift #3 - 1:00 pm to 4:30 pm

To volunteer contact Gina Perez
directly at : gperez@riversideca.gov

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2015

Sun	Mon	Tue	We	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

IMPORTANT

Have you moved or changed your email address or phone number?

Give us a call (951.320.8112) or send

Gina Perez an email

(gperez@riversideca.gov) and update
your contact information.

